



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Clairemont Pool

3605 Clairemont Drive San Diego CA 92117

(858)581-9923 • www.sandiego.gov

Fall / Winter

September 7, 2010 to February 13, 2011

LAP SWIM

Monday thru Thursday	11:00am-7:30pm
Friday	11:00am-4:00pm
Saturday/Sunday	12:00pm-3:00pm

RECREATIONAL SWIM

Monday thru Friday	11:00am-4:00pm
Saturday/Sunday	12:00pm-3:00pm

Diving board open on weekends only

FACILITY ADMISSIONS FEES

Adults (16 & older)	\$4.00
Child/Disabled/Senior	\$2.00

DISCOUNT PASS FEES

Adults (16 & older)	\$100.00/30 swims
Adults (16 & older)	\$35.00/10 swims
Child/Disabled/Senior	\$45.00/30 swims
Child/Disabled/Senior	\$15.00/10 swims

Passes expire one year from the date of issue and can be used at any City Pools.



•**Specific lanes/areas will be designated for Lap & Recreational swimming, however, the pool may be utilized for other programs**

•**All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee and wear proper swim attire at all times.**

•**Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.**

•**The City of San Diego Swimming Pools may close without notice during inclement weather conditions.**

WATER FITNESS

Aquatic Body Conditioning (ABC)

This is a total body conditioning class; Multi-level, low impact, cardio respiratory work out held in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Tuesday/Thursday

4:00pm-5:00pm

Adults/Seniors

\$3.50/class

Discount Pass

\$30.00/10 classes



POOL CLOSED: Thursday, November 11 and 25; Friday and Saturday, December 24, 25, 31 and January 1; Monday, January 17

February 14- March 13 for maintenance

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated

SAFETY CHECKS

There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

DONATIONS

By donating to our park system, you can help the park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPD Division, (619)525-8235

VOLUNTEERS NEEDED!

Ongoing opportunities are available at the recreation centers, pool and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619)533-4017 or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml

All Aquatic Programs, Schedules and Fees may change and/or be Cancelled without notice.



All City of San Diego Parks, Pool and Beaches are Smoke Free

CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth 5-17 years old, which offers a quality, safe program that is committed to introducing and developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego swimming pools.

Prerequisite: Pool Manager's approval



**(Starts: September 13)
Monday thru Thursday
4:45pm-6:00pm**

Fees: \$35.00/Month

(Fees are due at the beginning of ea. Month)

YOUTH WATER POLO

Participants are introduced to basic water polo skills with an emphasis on teamwork, fun, and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute. Ages 9 to 17 years of age.



**(September 14-October 28)
Tuesday/Thursday
6:00pm-7:30pm**

Fees: \$25.00/Month

(Fees are due at the beginning of ea. Month)

HEALTHY SWIMMING

KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Take your children on restroom breaks and check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Change swim diapers in the restroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
- Wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.
- All Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks. You can spread germs in the water and make other people sick.
- Don't swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

Patrons please abide by the "no street shoes on the pool deck rule"

FALL SWIMMING LESSON SCHEDULE

8/40 Minute Lessons

Monday/Wednesday

Session 1

Sept. 13-Oct. 6th

4:00-4:40pm	Tiny Tots	Beg 1/Beg 2
4:45-5:25pm	Adv Tot/ Super Tot	Beg 3/Adv Beg

Session 2

Oct. 11th-Nov. 3rd

4:00-4:40pm	Tiny Tots/Adv. Tot
4:45-5:25pm	Beg 3/Adv. Beg

Tuesday/Thursday

Session A

Sept. 14-Oct. 7th

4:00-4:40pm	Super Tot	Beg 2
4:45-5:25pm	Tiny Tots/ Adv. Tots	

Session B

Oct. 12-Nov. 4th

4:00-4:40pm	Adv. Tot/Super Tot
4:45-5:25pm	Beg 1/Beg 2

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Manager or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>

Fees:

Large Group

Resident

Non-Resident

\$54.00

\$108.00

Small Group

\$81.00

\$162.00

Semi Private

\$151.00

\$302.00

(Semi-Private Lessons: students must register together and be at same swimming ability. 5/30 minute lessons)

Private

\$181.00

\$362.00

5/30 minute lessons

REFUND POLICY

Extra care should be given to the selection of classes. **There are NO REFUNDS.** Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. **Full refund will be granted only if class is cancelled by the Pool Manager**

NON-RESIDENTS MUST PAY TWICE THE RESIDENT RATE

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes, he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.